

Madison's Retirement Program, September 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>CLOSED</p> <p>LABOR DAY</p>	<p>4</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>5</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>6</p> <p>11:30 am Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>7</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>10</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>11</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>12</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 Canasta</p>	<p>13</p> <p>11:30 am Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>14</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>17</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>18</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>19</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 Canasta</p>	<p>20</p> <p>11:30 am Sit/Fit Exercise</p> <p>6:00 pm-7:00 pm Bibletones Quartet</p>	<p>21</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>24</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>25</p> <p>10:00 am TRIAD</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>26</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>12:45 Pinterest Class/Notecards/Lunch</p>	<p>27</p> <p>9:00 am -1:00 pm Flu Shots</p> <p>11:30 am Sit/Fit Exercise</p>	<p>28</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>

Activities are held at the Madison Community Center, 7454 Old Canton Rd.

Shape and Tone/Sit and Fit classes are taught by Bridget Schultz

Yoga classes are taught by Gretchen Mahan.

Dance lessons are taught by John Malone

For additional information contact Tona Becker, 601-317-9756 or tonabecker@comcast.net

Madison the City Presents, THE BIBLETONES QUARTET, Thursday, September 20, 6:00 pm-7:00 pm, Ridgecrest Baptist Church, 7469 Old Canton Road, Madison, Thursday, \$5. BIBLETONES QUARTET is a gospel and entertainment group. Pre-sale tickets can be purchased at the Community Center

Community Flu Shot Clinic, Thursday, September 27, 9:00 am-1:00 pm, Community Center,

7454 Old Canton Road, Madison, Walgreens is sponsoring the clinic, contact Tona Becker, 601-317-9756, tonabecker@comcast.net

Pinterest Class, \$10, Wednesday, September 26, 12:45 pm, Community Center. Joanne Mock will teach how to make notecards, a light lunch will be served, call Tona Becker to make a reservation, 601-317-9756

Men's Coffee meets every Monday at 9:30 am; no charge, donuts and coffee provided

Dance Lessons
Tuesdays at 1:00 pm
\$5 per class

Shape and Tone Exercise
Mondays and Wednesdays
11:30 am, \$10 per month
Classes are for flexibility, toning, and strengthening using weights and other equipment & is heart healthy

Sit and Fit Exercise
Tuesdays and Thursdays
11:30 am, \$10 per month
A Low Impact Chair Class

TRIAD-The Right Information and Direction- Geriatric Social Worker Services is the speaker,

Tuesday, September 25, 10:00 am, Madison Justice Complex

Crochet and Knitting, Tuesdays, 10:00 am, learn to knit or crochet

Bible Study is non-denominational, Wednesdays, 10:00 am

Yoga, Fridays, 9:00 am, \$5 per month

Bowling, Fridays, 12:30 pm, Fannin Lanes

Pinterest Class, \$10, Wednesday, September 26, 12:45 pm, Community Center. Joanne Mock will teach how to make notecards, a light lunch will be served, call Tona Becker to make a reservation,